**Grace Marie Seymour**

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**EDUCATION**

**Doctoral Student, Clinical Psychology**  August 2023 - Present

University of Kentucky, Lexington, KY

Advisor: Christal Badour, Ph.D.

**Bachelor of Science, Psychology**  September 2018 - April 2021

University of Michigan, Ann Arbor, MI GPA: 3.92

*Thesis title*: “A Longitudinal Perspective on Adolescent Externalizing Behaviors with Comorbid Post-traumatic Stress Disorder and Alcohol-use Disorder”

*University Honors*

**Bachelor of Science, Neuroscience** September 2018 - April 2021

University of Michigan, Ann Arbor, MI GPA: 3.68

*University Honors*

**RESEARCH AND TEACHING EXPERIENCE**

**Graduate Teaching Assistant** January 2025 – Present

PSY 215: Experimental Psychology

University of Kentucky, Lexington, KY

Responsibilities: Teaching two lab sections of PSY 215; creating lab materials and activities, teaching and reviewing concepts taught in lecture, administering and grading lab activities for a total of 60 students, preparing students for upcoming exams, aiding students with an observational research report.

**Graduate Research Assistant** August 2023 – July 2024

Stress, Trauma, and Recovery Research Collaborative

Clinic for Emotional Health, University of Kentucky, Lexington, KY

**NIMHD R01MD016236: Researching Equitable Sleep Times in Kentucky (REST-KY)**

Principal Investigators: Christal Badour, PhD and Mairead Moloney, PhD

Co-Investigators: Michael Grandner, PhD, Daniela Moga, MD, PhD, Nancy Schoenberg, PhD, Suzanne Segerstrom, PhD, MPH, Emily Slade, PhD, and Lauren Whitehurst, PhD

Description: REST-KY is a five year study focused on understanding sleep health, substance use, and traumatic experiences of rural Americans, particularly in Appalachian Eastern Kentucky. Appalachian adults will be followed over the course of two years to track their sleep, physical and mental well-being, and health behavior.

Responsibilities: Consent, orient, and enroll participants in the study, manage participant payments and study finances, track participants’ enrollment and study participation using RedCap through a 2-year period.

**Clinical Research Coordinator** May 2021 – August 2023

Henry Ford Sleep Research Center

Sleep Disorders and Research Center, Henry Ford Health System, Detroit, MI

**Understanding Nightmares after Traumatic Experiences in Detroit (UNiTED)**

Principal Investigator:Anthony Reffi, PhD

Co-Investigators: Christopher Drake, PhD, Gregory Mahr, MD, David Moore, PsyD

Description:The goal of this prospective study is to identify sleep-related risk factors for PTSD by assessing the development of nightmares and fear of sleep among downtown Detroit residents admitted to the intensive care unit after traumatic injury (e.g., gunshot wound).

Responsibilities:Screen electronic medical records of patients currently admitted to the Detroit emergency department and surgical ICU to determine study eligibility (Criterion A trauma exposure), recruited all patients (n = 90) in hospital and obtain consent, administer the study survey questionnaires (such as PCL-5 with LEC-5 and Criterion A, PSQI Addendum for PTSD, and Severity of Acute Stress Symptoms) via interview during patients’ hospital stay, collect psychophysiological data (skin conductance response), track participants’ enrollment throughout month-long study protocol, serve as the sole study contact for all participants throughout follow up assessments, transcribe audio recordings of patient dreams, assess for suicidality using a Columbia-Suicide Severity Rating Scale (CSSRS) protocol and send safety checks when indicated, monitor and administer compensation, prepare and communicate with the IRB.

**NIMH R34MH130562: Improving Negative Stressful Perseverations in Insomnia to Revitalize Expectant Moms (INSPIRE): A 2-arm hybrid effectiveness-implementation trial**

Principal Investigator:David Kalmbach, PhD

Co-Investigators: Christopher Drake, PhD, D’Angela Pitts, MD, FACOG, Jason Ong, PhD, Edward Peterson, PhD, Leslie Swanson, PhD, Louise O’Brien, PhD

Description:This is a 2-arm randomized controlled trial (RCT) evaluating the comparative effectiveness and implementability of mindfulness-based and cognitive-behavioral therapies for insomnia and comorbid depression in pregnancy in OBGYN clinics across Henry Ford Health.

Responsibilities: Present duties include setting up new perinatal sleep health clinic embedded within women’s health clinics across Henry Ford Health including within EPIC, creating and coordinating clinic grids of psychologists, nurses, and social workers, setting up patient billing and ensuring therapists are registered with insurance companies, creating online surveys (Qualtrics) for data collection, preparing and communicating with the IRB, and communicating with NIMH in preparation to begin recruiting for this hybrid effectiveness-implementation trial in January 2023. When recruitment begins, I will oversee all aspects of the study from patient recruitment and eligibility screening, patient billing, managing all therapists’ clinic grids, electronic medical chart review, patient scheduling, data collection via online surveys (Qualtrics), monitor patient progress, supervise post-baccalaureate and undergraduate student research assistants, prepare and communicate with the IRB, and assure overall study progress (e.g., reaching study recruitment goals, minimizing attrition).

**Telemedicine mindfulness-based therapy for prenatal insomnia: A single arm trial and mHealth software app development study**

Principal Investigator:David Kalmbach, PhD

Co-Investigator: Christopher Drake, PhD, Philip Cheng, PhD

Description:This is a single-arm trial evaluating the effectiveness of a mindfulness-based intervention for prenatal insomnia and testing adherence to a mHealth software app to support the mindfulness intervention.

Responsibilities:During software development, collaborated with PI and industry on app development by providing feedback and input regarding treatment and study needs from the mHealth app. Oversee all aspects of the study from patient recruitment and eligibility screening, electronic medical chart review, conduct DSM-5 diagnostic interviews for insomnia disorder and major depression disorder, administer a PTSD screener via interview, patient scheduling, data collection via online surveys (Qualtrics) and home sleep tests to assess for sleep-disordered breathing, interpreting home sleep test results, monitor patient progress, supervise post-baccalaureate and undergraduate student research assistants, prepare and communicate with the IRB, and assure overall study progress (e.g., reaching study recruitment goals, minimizing attrition).

**Improving Negative Stressful Perseverations in Insomnia to Revitalize Expectant Moms (INSPIRE): A 3-arm efficacy trial**

Principal Investigator:David Kalmbach, PhD

Co-Investigator: Christopher Drake, PhD

Description:This is a 3-arm randomized controlled trial (RCT) examining the efficacy of mindfulness-based and cognitive-behavioral therapies for insomnia and comorbid depression in pregnancy.

Responsibilities:Oversee all aspects of the study from patient recruitment and eligibility screening, electronic medical chart review, patient scheduling, data collection via online surveys (Qualtrics) and home sleep tests to assess for sleep-disordered breathing, interpreting home sleep test results, monitor patient progress, supervise post-baccalaureate and undergraduate student research assistants, prepare and communicate with the IRB, and assure overall study progress (e.g., reaching study recruitment goals, minimizing attrition).

**Other NIH and Industry Studies**

Principal Investigators: Christopher Drake, PhD and Phillip Cheng, PhD

Description:In addition to the above projects, I am a research assistant for various NIH and industry studies, such as a NIMH-funded RCT testing the effectiveness of a stepped care insomnia treatment to prevent major depression (PI: Drake), a pharmaceutical trial testing pharmacotherapy effects on cognitive performance in patients with obstructive sleep apnea and mild cognitive impairment (PI: Drake), and a NHLBI-funded experiment testing the effects of shift work on circadian phase and sleep-wake symptoms (PI: Cheng).

Responsibilities:Regularly perform multi-method data collection (survey, observational, EEG/PSG, EKG, salivary biomarker collection, blood draws, administer cognitive testing), administer study medication, conduct risk assessments for suicidality, supervise and train undergraduate research assistants, assist in manuscript and academic book preparation.

**Research Assistant I**  March 2021 - June 2021

Heinz C. Prechter Bipolar Research Program

Eisenberg Family Depression Center, Michigan Medicine, Ann Arbor, MI

**NIMH R34MH100404: Predicting Individual Outcomes for Rapid Intervention (PRIORI): Longitudinal Voice Patterns in Bipolar Disorder**

Principal Investigator: Melvin McInnis, MD

Supervisor: Erica Vest, LMSW

Description: PRIORI aims to identify changes in speech that may occur during differing mood states in bipolar disorder by analyzing voice patterns collected via smartphone call recordings of participants with and without bipolar disorder.

Responsibilities: Evaluated auditory data from both personal and psychological assessment calls based on acoustic characteristics such as calm/excited activation and negative/positive valence, determined whether to include or exclude a segment of speech based on identifiable information or other factors, transcribed audio segments of telephone conversations.

**Undergraduate Research Assistant** July 2020 - May 2021

The University of Michigan Addiction Center

Department of Psychiatry, Michigan Medicine, Ann Arbor, MI

**NIAAA U01DA041106: Michigan Longitudinal Study (MLS)**

Principal Investigator: Robert Zucker, PhD

Co-Investigators: Leon Puttler, PhD and Jillian Hardee, PhD

Description: A longitudinal study spanning over 30 years that began following children and families of parents with alcohol use disorder, as well as a comparison “control” group of children and families without a history of alcohol use disorder, which aims to study the origins of alcohol and substance use disorders, along with comorbid mental health issues and behavioral patterns in children.

Responsibilities: Conducted a literature review, developed hypotheses, analyzed results using SPSS, and prepared a manuscript for an independent research thesis: “A Longitudinal Perspective on Adolescent Externalizing Behaviors with Comorbid Post-traumatic Stress Disorder and Alcohol use Disorder,” independently prepared a review manuscript: “The Comorbidity of Alcohol-use Disorder and Post-traumatic Stress Disorder: An Integrated Review,” used Diagnostic Interview Schedule (DIS) data to identify subjects with post-traumatic stress disorder, alcohol-use disorder, or comorbid disorders, efficiently organized and cataloged over 30 years of longitudinal subject case notes and subject test data for future research use, trained and mentored incoming undergraduate research assistants, led and contributed to weekly journal clubs discussing relevant literature.

**Undergraduate Research Assistant** September 2020 - April 2021

Culture, Self & Social Perception Lab

Department of Psychology, University of Michigan, Ann Arbor, MI

**What Are You Thinking? A Cultural Neuroscience Investigation of Social Perception & Morality**

Principal Investigator: Martha Berg, PhD

Co-Investigators: Ethan Kross, PhD and Shinobu Kitayama, PhD

Description: I was involved in several projects at the Culture, Self & Social Perception Lab, including (1) “*What Are You Thinking? A Cultural Neuroscience Investigation of Social Perception and Morality,”* which explored how close relationships impact moral decisions, and (2) an experiment which aimed to test whether priming subjects with affiliation goals promotes intuitive reasoning and categorization.

Responsibilities: Obtained IRB-approved consent from subjects, facilitated experiments through video-conference calls due to COVID-19 restrictions, explained and administered experimental tasks to participants, coded survey responses for common themes, presented study progress weekly at lab meetings, trained incoming research assistants.

**Undergraduate Research Assistant** May 2019 - November 2019

Acute Care Research Unit, [Institute for Healthcare Policy & Innovation](http://ihpi.umich.edu/)

Department of Emergency Medicine, Michigan Medicine, Ann Arbor, MI

**Enhancing Prehospital Outcomes for Cardiac Arrest (EPOC)**

Principal Investigators: Mahshid Abir, MD, MSc and Brahmajee Nallamothu, MD, MPH

Description: The Acute Care Research Unit (ACRU) aims to research and improve acute care utilization, quality, effectiveness, and outcomes. Specifically, the *Enhancing Prehospital Outcomes for Cardiac Arrest (EPOC)* study aimed to fill the knowledge gap surrounding best practices for out-of-hospital cardiac arrest, an extremely common life-threatening and traumatic event.

Responsibilities: Conducted literature reviews and developed new research questions regarding the misuse of the 911 emergency call system, performed literature searches in order to identify relevant studies and explore multifaceted questions related to out-of-hospital cardiac arrest (OHCA) outcomes, conducted interviews with first responders that experienced traumatic OHCA events, facilitated and recorded focus groups with families, community members, and first responders exposed to traumatic OHCA events.

**PEER-REVIEWED PUBLICATIONS**

Kalmbach DA, Ong JC, Cheng P, Reffi AN, Swanson LM, Hirata M, **Seymour GM**, Cuamatzi-Castelan A, Jennings M, Pitts DS, Roth A, Roth T, & Drake CL. (under review). A randomized controlled trial of telemedicine CBTI and PUMAS for prenatal insomnia: Reducing nocturnal cognitive arousal is a treatment mechanism for alleviating insomnia and depression during pregnancy.

Tipsword JM, Isaacs MR, **Seymour GM**, & Badour CL. (under review). Targets of trauma-related disgust and emotion regulation difficulties as predictors of PTSD symptoms and mental contamination following sexual violence.

Tipsword JM, Jones AC, Quinkert E, **Seymour GM**, & Badour CL. (in press). Disgust, trauma, & PTSD. In D. McKay & B. Olatunji (Eds.), The Cambridge handbook of disgust: Assessment, clinical manifestations, and treatment.

Reffi AN, Cheng P, Kalmbach DA, Moore DA, Mahr GC, **Seymour GM**, Solway M, & Drake CL. (2024). Understanding nightmares after traumatic events in Detroit (UNiTED): Prospective associations with interpersonal violence and posttraumatic stress disorder symptoms. *European Journal of Psychotraumatology.*

Kalmbach DA, Reffi AN, Ong JC, Cheng P, Walch O, Pitts DS, **Seymour GM**, Hirata M, Roth A, Roth T, & Drake CL. (2024). Preliminary evidence of psychological improvements and increased maternal-fetal attachment associated with a mindfulness sleep program: secondary analysis of uncontrolled data in 11 pregnant women with DSM-5 insomnia disorder. *Journal of Sleep Research.*

Kalmbach DA, Cheng P, Reffi AN, Ong JC, Swanson LM, Espie CA, **Seymour GM**, Hirata M, Walch O, Pitts DS, Roth T, & Drake CL. (2023). Reducing cognitive arousal and sleep effort alleviates insomnia and depression in pregnant women with DSM-5 insomnia disorder treated with a mindfulness sleep program. *Sleep Advances*.

Kalmbach DA, Cheng P, Reffi AN, Ong JC, Swanson LM, Fresco DM, Walch O, **Seymour GM**, Fellman-Couture C, Bayoneto AD, Roth T & Drake CL (2023). Perinatal Understanding of Mindful Awareness for Sleep (PUMAS): A single-arm proof-of-concept clinical trial of a mindfulness-based intervention for DSM-5 insomnia disorder during pregnancy. *Sleep Medicine.*

Kalmbach DA, Cheng P, Reffi AN, **Seymour GM**, Ruprich MK, Bazan LF, Pitts DS, Walch O & Drake CL. (2022). Racial disparities in treatment engagement and outcomes in digital cognitive behavioral therapy for insomnia among pregnant women. *Sleep Health*, S2352-7218(22)00206-6. Advance online publication. doi:[10.1016/j.sleh.2022.10.010](https://doi.org/10.1016/j.sleh.2022.10.010)

Kalmbach DA, Cheng P, Ahmedani B, Reffi AN, Peterson EL, Sagong C, **Seymour GM**, Ruprich MK, & Drake CL. (2022). Cognitive-behavioral therapy for insomnia prevents and alleviates suicidal ideation: Insomnia remission is a suicidolytic mechanism. *SLEEP,* zsac251. doi:[10.1093/sleep/zsac251](https://doi.org/10.1093/sleep/zsac251)

Reffi AN, Kalmbach DA, Cheng P, Jovanovic T, Norrholm SD, Sexton MB, Mahr G, Arnett L, **Seymour GM** & Drake CL. (2022). Sleep Reactivity as a potential pathway from childhood abuse to adult insomnia. *Sleep Medicine, 94,* 70-75*.* doi:[10.1016/j.sleep.2022.03.026](https://doi.org/10.1016/j.sleep.2022.03.026)

**PROFESSIONAL RESEARCH PRESENTATIONS**

**Symposium**

**Seymour GM** (chair) & Badour CL(discussant; September 2024). *Understanding Trauma in Context: Community and Cultural Factors as Predictors of Post-traumatic Health and Well-Being.* Symposium presented at the 40th meeting of the International Society for Traumatic Stress Studies conference in Boston, MA.

**Oral Presentations**

**Seymour GM,** Drake CL, Moore DA, Mahr GC, Solway M, Nahhas A, & Reffi AN. (2024, September). *Pre-trauma insomnia severity predicts using substances to cope after trauma.* Presented at the 40th Meeting of the International Society for Traumatic Stress Studies conference in Boston, MA. .

Quinkert E, Badour CL, **Seymour GM**, & Moloney ME. (2024, September). *Community-Level Predictors of Posttraumatic Stress Disorder (PTSD), Resilience, and Posttraumatic Growth in Rural Appalachian Adults.* In **GM Seymour** (chair), & CL Badour(discussant). Understanding Trauma in Context: Community and Cultural Factors as Predictors of Post-traumatic Health and Well-Being*.* Symposium presented at the 40th meeting of the International Society for Traumatic Stress Studies conference in Boston, MA.

**Seymour GM,** Tipsword J, Quinkert E, Moloney ME, & Badour CL. (2024, September). *Material Hardship, Neighborhood Deprivation, and Sleep Reactivity as Predictors of PTSD Among Trauma-Exposed Rural Appalachian Adults.* In **GM Seymour** (chair), & CL Badour(discussant). Understanding Trauma in Context: Community and Cultural Factors as Predictors of Post-traumatic Health and Well-Being*.* Symposium presented at the 40th meeting of the International Society for Traumatic Stress Studies conference in Boston, MA.

Reffi AN, Kalmbach DA, **Seymour GM**, Solway M, Moore DA, Mahr G, & Drake CL (2024, June). *Early identification of patients most vulnerable to acute insomnia after trauma*. Presented at the 38th Annual Meeting of the Associated Professional Sleep Societies in Houston, TX.

**Seymour GM**, Moloney ME, Quinkert E, & Badour CL (2024, April). *Community-Level Predictors of Posttraumatic Stress Disorder (PTSD), Resilience, and Posttraumatic Growth in Rural Appalachian Kentuckians*. Presented at the 2024 Appalachian Research Day Meeting in Paintsville, KY.

Moloney ME, Quinkert E, Hood C, **Seymour GM**, & Badour CL. (2024, April). *“My Mother Doesn't Sleep When It Rains at Night”: Assessing the Impacts of the 2022 Eastern Kentucky Flood on Sleep.*Accepted for presentation at the 2024 Appalachian Research Day Meeting, Paintsville, KY.

Moloney ME, Quinkert E, Hood C, Sauer-Zavala S, **Seymour GM**, Loar A, Tipsword J, Siegel Z, Brooks C, Feather AR, Slone M, Feltner F, Schoenberg N, & Badour CL. (2024, April).*"Eastern Kentucky people are very resilient”: Narratives of Loss, Coping, and Resilience after the 2022 Flood.*  Accepted for presentation at the 2024 Appalachian Research Day Meeting, Paintsville, KY.

**Seymour GM**, Moloney ME, Quinkert E, & Badour CL (2024, March). *Exploring Community-Level Predictors of Posttraumatic Stress Disorder (PTSD) and Posttraumatic Growth in Rural Appalachian Kentucky: Protective and Risk Factors*. Presented at the 2024 University of Kentucky Appalachian Research Symposium and Arts Showcase in Lexington, KY.

**Seymour GM,** Reffi AN, Moore DA, Mahr GC, & Drake CL. (2023, June). *Nightmares in the acute aftermath of trauma predict later suicidal ideation in trauma survivors.* Presented at the 37th Annual Meeting of the Associated Professional Sleep Societies in Indianapolis, IN.

**Seymour GM,** Kalmbach DA, Cheng P, Ong JC, Reffi AN, Walch O, Fellman-Couture C, Bayoneto AD, Roth T, & Drake CL (2023, June). *A single-arm proof-of-concept clinical trial of a mindfulness-based intervention for prenatal insomnia.* Presented at the 37th Annual Meeting of the Associated Professional Sleep Societies in Indianapolis, IN.

Reffi, AN, Kalmbach, DA, **Seymour, GM**, Bayoneto, A, Sagong, C, & Drake, CL. (2023, June). *Identifying patients at risk of acute sleep disturbances within the immediate aftermath of trauma.* Presented at the 37th Annual Meeting of the Associated Professional Sleep Societies in Indianapolis, IN.

**Seymour GM,** Reffi AN, Moore DA, Mahr GC, & Drake CL. (2023, April). *Nightmares in the acute aftermath of trauma predict later suicidal ideation in Detroit trauma survivors.* Presented at the Michigan Psychological Association Conference*.*

**Seymour GM,** Ruprich M, Casement MD, Kalmbach DA, Drake CL & Cheng P. (2022, April). *Self-efficacy in Insomnia Symptom Management as a mediator of insomnia severity after digital CBT-I during the COVID-19 Pandemic*. Presented at the Michigan Psychological Association Conference*.*

**Poster Presentations**

**Seymour GM**, Feather AR, Quinkert E, Palomino KA, & Badour CL (2025, April). *Sleep Well Appalachia: Implementation of a free telehealth Cognitive Behavioral Therapy for Insomnia (CBTI) program for Appalachian Kentuckians*. Poster accepted for presentation at the 2025 Appalachian Research Day Meeting in Corbin, KY.

Tipsword JM, **Seymour GM**, Penn C, McCann JP, & Badour CL. (2024, September). *Main and interactive effects of self-disgust and affect intensity in predicting PTSD symptoms and domains of contamination concerns post-trauma.* Presented at the 40th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA

Hill C, Quinkert E, **Seymour GM**, Moloney ME, & Badour CL. (2024, September). *Understanding Resilience in Rural Appalachian Women Who Have Experienced Intimate Partner Violence*. Poster accepted for presentation at the 40th meeting of the International Society for Traumatic Stress Studies conference in Boston, MA.

Drake CL, Mahr GC, Reffi AN, Son K, **Seymour GM**, Sagong C, Jankowiak L, Pawirosetiko J, Hehr A, Cheng P, Kalmbach DA, Roth T, Moore DA. (2024, June). *Development of the Affective Dream Rating Scale*. Poster presented at the 38th Annual Meeting of the Associated Professional Sleep Societies in Houston, TX.

Siegel Z, Moloney ME, Quinkert E, **Seymour GM**, Loar A, Tipsword J, Brooks C, Feather AR, Slone M, Feltner F, Schoenberg N, & Badour CL. (2024 April). *Risk and Protective Factors for Mental Health Difficulties and Insomnia Following the July 2022 Eastern Kentucky Flood*. Presented at the 2024 Kentucky Psychology Student Conference, Frankfort, KY.

Quinkert E, Hill C, Hood CO, **Seymour GM**, & Badour CL. (2024, April). *Understanding Hazardous Alcohol and Cannabis Use Among Women with Sexual Violence-Related PTSD: Evaluating the Role of Sleep and Distress Tolerance*. Presented at the 2024 Substance Use Research Event, Lexington, KY.

Siegel Z, Moloney ME, Quinkert E, **Seymour GM**, Loar A, Tipsword J, Brooks C, Feather AR, Slone M, Feltner F, Schoenberg N, & Badour CL. (2024, April). *Risk and Protective Factors for Mental Health Difficulties and Insomnia Following the July 2022 Eastern Kentucky Flood*. Presented at the 2024 Appalachian Research Day Meeting, Paintsville, KY.

Quinkert E, **Seymour GM**, Moloney ME, Hood CO, Feather AR, Tipsword JM, Brooks C, Loar A, Siegel Z, Slone M, Feltner F, Schoenberg N, Sauer-Zavala S, & Badour CL. (2024, April). *Climate-Related Disasters and Exacerbation of Health Disparities in Rural Appalachia: Difficulties Meeting Basic Needs is Associated with Worsened Insomnia, Depression, and Somatic Symptoms.*Presented at the 2024 Appalachian Research Day Meeting, Paintsville, KY.

**Seymour GM,** Drake CL, Moore DA, Mahr GC, Solway M, Nahhas A, & Reffi AN. (2024, April). *Pre-trauma insomnia severity predicts using substances to cope after trauma.* Presented at the 2024 Meeting of the Midwestern Psychological Association in Chicago, IL.

Quinkert E, **Seymour GM**, Moloney M, Hood C, Feather A, Tipsword J, Brooks C, Loar A, Siegal Z, Slone M, Feltner F, Schoenerg N, Sauer-Zavala S & Badour C. (2024, April). *Climate-Related Disasters and Exacerbation of Health Disparities in Rural Appalachia*. Presented at the 2024 Meeting of the Midwestern Psychological Association in Chicago, IL.

**Seymour GM,** Reffi AN, Moore DA, Solway MA, Mahr GC, & Drake CL. (2023, November). *Pre-trauma insomnia severity predicts increased substance use to cope in the immediate aftermath of trauma.* Poster accepted for presentation at the 39th Meeting of the International Society for Traumatic Stress Studies conference in Los Angeles, CA.

**Seymour GM,** Reffi AN, Moore DA, Mahr GC, & Drake CL. (2023, June). *Nightmares in the acute aftermath of trauma predict later suicidal ideation in trauma survivors.* Poster presented at the 37th Annual Meeting of the Associated Professional Sleep Societies in Indianapolis, IN.

**Seymour GM,** Kalmbach DA, Cheng P, Ong JC, Reffi AN, Walch O, Fellman-Couture C, Bayoneto AD, Roth T, & Drake CL (2023, June). *A single-arm proof-of-concept clinical trial of a mindfulness-based intervention for prenatal insomnia.* Poster presented at the 37th Annual Meeting of the Associated Professional Sleep Societies in Indianapolis, IN.

**Seymour GM,** Drake CL, & Reffi AN. (2022, November). *Preliminary Validation of a Novel Nocturnal Rumination on Abuse Scale (NoRA)*. Poster presented at the 38th Meeting of the International Society for Traumatic Stress Studies conference in Atlanta, GA.

Reffi AN, Ruprich MK, **Seymour GM**, Melikyan DA, & Drake CL. (2022, November). *Pre-existing sleep reactivity predicts risk of traumatic stress reactions to the COVID-19 pandemic.* Poster presented at the 38th Meeting of the International Society for Traumatic Stress Studies conference in Atlanta, GA.

Reffi AN, Moore DA, **Seymour GM**, & Drake CL. (2022, July). *Nightmares and acute trauma: Preliminary findings from the UNiTED Study.* Poster presented at the 3rd Annual Colorado Sleep and Circadian Summer School, Boulder, CO.

**Seymour GM**, Kalmbach DA, Cheng P, Ahmedani BK, Reffi AN, Peterson EL, Sagong C, Ruprich MK, & Drake CL. (2022, June). *Cognitive-behavioral therapy for insomnia prevents and alleviates suicidal ideation*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies in Charlotte, NC.

Ruprich MK, Kalmbach DA, Cheng P, Reffi AN, **Seymour GM**, Bazan LF, Pitts DS, Walch O, & Drake CL. (2022, June). *Racial disparities in treatment engagement and patient outcomes in cognitive behavioral therapy for insomnia among pregnant women*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies in Charlotte, NC.

**CLINICAL EXPERIENCE**

**Clinical Research Interviewer** January 2025 – Present

NIA K01AG070279: Cognitive Aging Trajectories in Survivors of Trauma

College of Social Work, University of Kentucky

Lexington, KY

Description: Conduct in-home interviews with individuals over the age of 65, administering the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5), NIH Toolbox Cognitive Battery, DIAMOND, and C-SSRS/safety planning (when indicated). Completed the National Center for PTSD CAPS-5 Training Curriculum and met excellent inter-rater reliability with other study interviewers.

**Doctoral Student Therapist** September 2024 – Present

Sleep Well Appalachia

Clinic for Emotional Health, Lexington, KY

Description: Therapist for 6-week Cognitive Behavioral Therapy for Insomnia (CBTI) treatments for Appalachian adults using telehealth (50+ direct hours); preparing patient sleep-diary and materials; conducting assessments using the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R) and the DIAMOND.

**Doctoral Student Therapist** February 2024 – Present

Jesse G. Harris Jr. Psychological Services Center

University of Kentucky, Lexington, KY

Description: Therapist for individual therapy (25+ direct hours) and assessment clients (17+ direct hours) with a variety of presenting problems (depression, anxiety, social anxiety, PTSD, ADHD). Co-lead two 10-week social anxiety disorder group therapy treatment programs (27 direct hours); preparing client homework materials and examples, co-leading the group on a weekly basis, and attending weekly supervision meetings.

**PSY 632/633: Clinical Methodology II Practicum Student** January 2024 – May 2024

Department of Psychology

University of Kentucky, Lexington, KY

Description: Learned to administer the MINI, DIAMOND, and DIAMOND-KID; administered the assessments to undergraduate volunteers.

**PSY 630/631: Clinical Methodology I Practicum Student** August 2023 – December 2023

Department of Psychology

University of Kentucky, Lexington, KY

Description: Learned to administer the WAIS-IV and WJ-IV; administered the assessments to a client at the Jesse G. Harris Jr. Psychological Services center and wrote an integrated report.

**Research Coordinator** May 2021- August 2023

Henry Ford Health Sleep Disorders and Research Center

Henry Ford Health, Detroit, MI

Description: Administered the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R).

**ACADEMIC/PROFESSIONAL SERVICE**

**Graduate Student Admissions Coordinator** November 2024 – Present

*University of Kentucky, Department of Clinical Psychology*

**Graduate Student Representative** August 2024 – Present

*University of Kentucky, Department of Psychology*

**Graduate Student Peer Mentor** June 2024 – Present

*University of Kentucky, Department of Clinical Psychology*

**Ad Hoc Reviewer** May 2021 - Present

*Heliyon*

*Sleep Health*

**Flash Talk Session Chair** September 2024

*40th Meeting of the International Society for Traumatic Stress Studies conference*

**Social Media Ambassador** November 2022

*38th Meeting of the International Society for Traumatic Stress Studies conference*

**Abstract Reviewer** April 2022

*38th Meeting of the International Society for Traumatic Stress Studies conference*

**VOLUNTEER SERVICE**

**Hope Not Handcuffs “Angel”**  August 2022 – August 2023

Families Against Narcotics, Detroit, MI

Meet those that struggle with substance use disorders seeking help at Hope Not Handcuffs participating police agencies, assist them through the intake process to ensure treatment placement, and provide compassionate support until the proper treatment option is found.

**Response Team Survivor Advocate**  January 2022 – August 2023

SafeHouse Center, Ann Arbor, MI

Meet with survivors in the hospital and jail setting to offer support, information, and advocacy immediately following incidents of domestic violence and sexual assault, educate survivors on procedures such as sexual assault nurse exams while they are awaiting the procedure, discuss a physical and emotional safety plan for the survivor to implement after discharge from the hospital or release from jail.

**Group Facilitator and Camp Counselor** January 2022 – August 2023

SandCastles Grief Support Program, Detroit, MI

Lead biweekly grief support groups for children ages 4-17 who have experienced the loss of a loved one, provide a safe and empathetic space for children to grieve, contribute to the development of lesson plans, participate in individual case management and regular debriefing sessions. Served as lead counselor for the teen group at a weekend-long grief camp in August 2022.

**Crisis Counselor**   January 2022 – August 2023

Crisis Text Line, Remote

Provide emotional support to those in crisis that utilize the 24/7 Crisis Text Line platform, assess the needs of each individual to create an immediate plan of action, assess risk and suicidality of each individual to ensure safety.

**Sexual Violence Education and Empowerment Volunteer** September 2020 - May 2021

Panhellenic Peer Educator Program, Ann Arbor, MI

Increased awareness and education surrounding sexual violence, created and engaged in educational programming and training, provided confidential support and allyship for survivors of sexual violence in the University of Michigan community.

**Student Volunteer** January 2019 - March 2020

University of Michigan Hospital Emergency Department, Ann Arbor, MI

Provided empathetic support to families and patients of the emergency department, assisted clerical staff in directing visitors and families to rooms, comforted patients in the waiting room by delivering warm blankets, water, and food.

**STUDENT ORGANIZATIONS**

**“It’s On Us” Member**  March 2024 - Present

University of Kentucky, Lexington, KY

Attending meetings surrounding training and education in survivor advocacy and sexual violence prevention, helping to plan events for the University of Kentucky community to educate and advocate for sexual violence prevention.

**Undergraduate Student Mentor** May 2020 – May 2021

“incoMing,” University of Michigan, Ann Arbor, MI

Mentoring and regularly meeting with first- and second-year students majoring in Psychology and Neuroscience, providing guidance in class selection and joining relevant student organizations, helping students pursue and apply to undergraduate research opportunities.

**Member and Survivor Advocate** April 2020 - May 2021

Roe V. Rape, University of Michigan, Ann Arbor, MI

Directly worked with survivors of sexual assault, promoted healing through empowerment and advocacy, collaborated with Central Student Government to promote change and awareness surrounding sexual violence on and off campus, collaborated with the Office of Institutional Equity to reform the cross-examination model at Title IX hearings, co-authored an editorial published in *The Michigan Daily*: “Op-Ed: Open letter from survivor advocates” in response to an increase of sexual violence on campus.

**Member of Zeta Tau Alpha Fraternity** January 2019 - April 2021

University of Michigan, Ann Arbor, MI

*Recording Secretary, Elected*

*Judicial Chair, Elected*

*Director of Virtual Recruitment, Elected*

*Member of Philanthropy Committee*

Facilitated and hosted all chapter meetings either in-person or via videoconference, managed communication and kept records for 200+ members, engaged in campus activities and philanthropic service to better the Fraternity and the campus community, successfully recruited 70 new members from a pool of 1000+ possible assets to the chapter, organized events that raised $10,000+ yearly for breast cancer awareness and education.

**AWARDS AND HONORS**

Zeta Tau Alpha Graduate Achievement Scholarship ($3,000) 2024

James S. Brown Graduate Student Research Award ($1,000) 2024

Robert S. Lipman Alcohol Research Grant ($10,000) 2024

T. Marshall Hahn Jr. Graduate Fellowship ($5,000) 2023, 2024

Office for Policy Studies on Violence Against Women Graduate Fellowship ($11,000) 2024

Honorable Mention, Michigan Academy of Sleep Medicine Excellence in Research Award 2023

Trainee Merit Award, Sleep Research Society ($100) 2023

Leadership Development Workshop Award, Sleep Research Society 2023

Second Place, Trainee Presentation Award at the MPA Spring Conference ($100) 2022

University Honors, University of Michigan 2019 - 2021

Grace Grant, Zeta Tau Alpha Foundation ($1,000) 2020

Regent Merit Scholarship, University of Michigan ($2,500) 2018, 2019

**CERTIFICATIONS**

**Collaborative Institutional Training Initiative (CITI) Program**

Social Behavioral Research Investigators and Key Personnel Expires March 2025

**Collaborative Assessment and Management of Suicidality (CAMS)**

Assessing and Treating Suicidal Risk Completed November 2024

**National Center for Child Traumatic Stress**

Psychological First Aid (PFA) Online Completed October 2024

**WORKSHOPS AND TRAININGS**

National Center for PTSD CAPS-5 Training 2025

BPD Compass: Introductory Workshop by Dr. Shannon Sauer-Zavala 2023

World Suicide Prevention Day Training by Dr. David Jobes 2023

Leadership Development Workshop by Dr. Philip Cheng 2023

Sleep Research Society Trainee Day 2022, 2023

**MEMBERSHIP IN PROFESSIONAL SOCIETIES**

Midwestern Psychological Association 2024 - Present

Sleep Research Society 2022 - Present

International Society for Traumatic Stress Studies 2022 – Present