

Travis Dexter Westbrook

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EDUCATION

- Ph.D., Psychology** 2014-Present
The Ohio State University, Columbus, OH
Specialization: Clinical Psychology, Health Psychology
Minor: Quantitative Psychology
- M.A. Psychology** 2014
The Ohio State University, Columbus, OH
Master's Thesis: "Illness perceptions, psychological distress, and physical symptom burden in relapsed/refractory patients with chronic lymphocytic leukemia;" advised by Dr. Barbara L. Andersen, Ph.D.
- B.A., Research Psychology with Highest Honors** 2012
Vanderbilt University, Nashville, TN
Concentration: Psychopathology and Clinical Neuroscience
Honors Thesis: "The relation of trauma to the persistence of functional abdominal pain from childhood into adolescence and young adulthood;" advised by Dr. Lynn Walker, Ph.D.

HONORS and AWARDS

- Peletonia Graduate Fellowship 2015-Present
The Ohio State University Comprehensive Cancer Center, Columbus, OH
- Graduate Enrichment Fellowship 2012-Present
The Ohio State University Department of Psychology, Columbus, OH
- College of Social and Behavioral Sciences Fellowship 2012-Present
The Ohio State University, Columbus, OH
- Highest Honors for Psychology Senior Honors Thesis May 2012
Vanderbilt University, Nashville, TN
- Vanderbilt Ingram Scholarship (*leadership and service merit scholarship*) 2008-2012
Vanderbilt University, Nashville, TN

RESEARCH EXPERIENCE

- Graduate Research Assistant 2012-Present
Stress and Immunity Cancer Projects
The Ohio State University, Columbus, OH
Advisor: Dr. Barbara L. Andersen, Ph.D.
- Honors Research Assistant 2010-2012
Walker Chronic Pain Lab
Vanderbilt University School of Medicine, Nashville, TN
Advisor: Dr. Lynn Walker, Ph.D.

Summer Research Fellow
Vanderbilt Undergraduate Summer Research Program
Vanderbilt University, Nashville, TN

Summer 2011

PEER-REVIEWED PUBLICATIONS

Sherman, A. L., Morris, M. C., Bruehl, S., **Westbrook, T. D.**, & Walker, L. S. (in press). Temporal summation to painful stimuli in chronic pain patients with and without trauma exposure. *Annals of Behavioral Medicine*.

Andersen, B. L., **Westbrook, T. D.**, Goyal, N., Morrison, E., Johnson, A. J., Byrd, J. C. (under review). Quality of life studies in chronic lymphocytic leukemia: Current status and future directions. Submitted to *Annals of Behavioral Medicine*.

PUBLICATIONS IN PREPARATION

Westbrook, T. D., & Andersen, B. L. (in prep). Illness perceptions, psychological distress, and physical symptom burden in chronic lymphocytic leukemia.

Godiwala, N. N., **Westbrook, T. D.**, Carson, W., & Andersen, B. L. (in prep). Stress and immunity: A five year trajectory for breast cancer survivors.

Goyal, N., **Westbrook, T. D.**, Maddocks, K., Bishop, B., Byrd, J. C., Johnson, A. J., Andersen, B. L. (in prep). Psychological and inflammatory responses in relapsed and refractory patients with chronic lymphocytic leukemia (CLL).

PUBLISHED ABSTRACTS and CONFERENCE POSTERS

Westbrook, T. D., Maddocks, K. J., Andersen, B. L. (2015, May). *Characterization and predictors of sleep disturbance in patients with relapsed/refractory chronic lymphocytic leukemia*. *Journal of Clinical Oncology*, 33, suppl e18021).

Godiwala, N. N., **Westbrook, T. D.**, Carson, W., Andersen, B. L. (2014, June). *Stress and immunity: A five-year trajectory for breast cancer survivors*. Accepted for presentation at the 2014 American Cancer Society Survivorship Conference, Atlanta, GA.

Godiwala, N. N., Maddocks, K. J., **Westbrook, T. D.**, Byrd, J. C., Andersen, B. L., Johnson, A. J. (2014, May). *Covariation of psychological and inflammatory variables in patients with chronic lymphocytic leukemia receiving ibrutinib*. Accepted for presentation at the 2014 American Society of Clinical Oncology Conference, Chicago, IL.

Westbrook, T. D., Godiwala, N. N., Maddocks, K., Byrd, J. C., Andersen, B. L. (2014, April). *Illness perceptions as targets of behavioral medicine interventions in chronic lymphocytic leukemia*. Accepted for presentation at the 2014 Society for Behavioral Medicine Conference, Philadelphia, PA.

Westbrook, T. D., Conley, C. C., Andersen, B. L. (2014, March). *Cancer recurrence and personality: Neuroticism at initial diagnosis predicts depression at recurrence*. Poster presented at the 2014 American Psychosomatic Society Conference, San Francisco, CA.

Sherman, A.L., Morris, M.C., Bruehl, S., **Westbrook, T.D.**, Walker, L.S. (2014, March). *Trauma history associated with heightened temporal summation of experimental pain in adolescents and young adults with chronic abdominal pain since childhood*. Poster presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.

Westbrook, T. D., Godiwala, N., Morrison, E., Andersen, B. L., Maddocks, K., Johnson, A., Flynn, J., & Byrd, J. (2014, February). *Psychological and inflammatory responses in patients with chronic lymphocytic leukemia*. Poster presented at The Ohio State University Comprehensive Cancer Center Annual Scientific Meeting, Columbus, OH.

Westbrook, T. D. (2013, April). A follow-up study of depression and inflammation in post surgical breast cancer. Presented at First Year Project Day, The Ohio State University, Columbus, OH.

Westbrook, T.D., Shears, A.R., Sherman, A.L., Walker, L.S. (2012, May). Trauma increases risk of functional gastrointestinal disorders in adolescents and young adults with a childhood history of functional abdominal pain. Poster presented at Psychology Day, Vanderbilt University, Nashville, TN.

Westbrook, T.D., Shears, A.R., Walker, L.S. (2011, September). Early life traumatic experiences associated with functional abdominal pain outcomes in adolescents and young adults. Poster presented at the Vanderbilt Undergraduate Summer Research Conference, Nashville, TN.

Westbrook, T.D., Sherman, A.L., Walker, L.S. (2011, April). The role of threat appraisal and perceived coping ability in pediatric chronic abdominal pain: Evidence for a fear-avoidance model. Poster presented at the National Conference of Pediatric Psychology, San Antonio, TX.

TEACHING EXPERIENCE

Graduate Course Instructor Fall 2014
 PSYCH 2367.02 Abnormal Psychology Analysis
 The Ohio State University, Columbus, OH

Graduate Course Instructor Fall 2013-Spring 2014
 PSYCH 1100 Introduction to Psychology
 The Ohio State University, Columbus, OH

Undergraduate Course Assistant Fall 2010
 PSY 101 Introduction to Psychology
 Vanderbilt University, Nashville, TN

APPLIED CLINICAL EXPERIENCE

The Ohio State University Wexner Medical Center Summer 2014-Present
 Department of Family Medicine at Thomas Rardin
 Supervised by James Shaw, Psy.D.

Provide individual psychotherapy to adult primary care outpatients and other community referrals presenting with a variety of psychological, behavioral, and/or physical difficulties. Common presenting problems include major depression, anxiety disorders, chronic pain or other medical condition, substance use, anger management, and stress management/interpersonal difficulties. Patient care environment is integrative and typically involves collaboration with an interdisciplinary team of doctors, nurses, pharmacists, and other support staff. Additional clinical experiences include conducting neuropsychological (e.g., CPT-III, RBANS), personality (e.g., MMPI-2), and intelligence (WAIS-IV) assessments for Student Athlete Support Services, as well as presentation of didactic information to family medicine residents.

Practicum in Cognitive Behavioral Therapy Summer 2013-Summer 2014
 The Ohio State University Department of Psychology
 Supervised by Joseph DeCola, Ph.D., Ph.D.

Conduct unstructured clinical intake interviews and provide individual cognitive behavioral therapy to adult college students and community members with anxiety and mood disorders as well as emotional and interpersonal difficulties. Disorders treated include panic disorder, generalized anxiety disorder, specific phobia, social anxiety disorder, and major depressive disorder. Other clinical experiences include using cognitive and behavioral strategies to assist in the management of substance abuse and emotion regulation difficulties. Additional experiences include completing case conceptualization and treatment planning, attending individual and group supervision, and presenting a case presentation.

Course in Psychological Appraisal Spring 2013
 The Ohio State University Department of Psychology
 Advised by Ruchika Prakash, Ph.D.

Administered intelligence, personality, and neuropsychological assessments including WAIS-IV and MMPI, and completed scoring, interpretation, integrated report writing, and presentation of results.

Developmental Outcomes of Pediatric Chronic Abdominal Pain Research Assistant 2010-2012
 Vanderbilt University School of Medicine Department of Pediatrics
 Supervised by Lynn Walker, Ph.D.

Conducted semi-structured phone-based health interviews with young adults with a history of chronic abdominal pain. Interview components included detailed medical history, previous and current gastrointestinal health, as well as general information about pain and physical functioning.

SELECTED LEADERSHIP and SERVICE EXPERIENCES

Vanderbilt Ingram Cancer Center Student Executive Board Member Internship	Fall 2011-Spring 2012
Nashville, TN Family and Child Services Crisis Call and Suicide Hotline Telephone Counselor	Summer 2011-Spring 2012
Vanderbilt Undergraduate Psychology Society President	Spring 2011-Spring 2012
Alive Hospice, Nashville, TN Resident Support Volunteer	Fall 2010-Spring 2012